

## Mindset Mastery Made Simple Daily Guide<sup>®</sup>

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Mindset</b>							
Feeling like the best will happen							
Have sufficient money							
Have excellent relationships							
Life is on track/Goals reachable							
Positive Speech/No complaints							
Able to receive							
Body Image and Self Talk							
Judging by Appearances							
Telling your "story"							
Comparing yourself to others							
<b>TOTAL MINDSET</b>							
<b>Attitudes</b>							
Patient/Kind							
Calm/Relaxed							
Good Listener/Engaged							
Helpful/Supportive							
Understanding/Compassionate							
Confident/Clarity							
<b>TOTAL ATTITUDES</b>							
<b>Weekly Total</b>							
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